

The Space Between



Scriptures from New International Version unless noted

The Space Between

God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.

Psalm 46:1-3

...Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts. The Lord Almighty is with us; the God of Jacob is our fortress. Come and see what the Lord has done... He makes wars cease to the ends of the earth. He breaks the bow and shatters the spear; he burns the shields with fire.

Psalm 46:6-9

He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." The Lord Almighty is with us; the God of Jacob is our fortress.

Psalm 46:10-11

Tip #1: Be in the present moment

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 6:34

Tip #2: Stop catastrophizing

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Philippians 4:8

Tip #3: Be open to learning

What is God teaching me through this current circumstance?

What is it that I want to carry forward with me from this time?

The Lord is with me; I will not be afraid. What can mere mortals do to me? The Lord is with me; He is my helper. I look in triumph on my enemies.

Psalm 118:6-7